



# Women's Fitness Connection

## A free program for Permanent Residents and Refugees

**This 12-week program is Female Permanent Residents and Convention Refugees**

- Learn how to stay fit and healthy while speaking English
- Meet new friends and develop new habits
- Discover new fitness activities to do at home
- Participants get a complimentary YMCA membership
- Stay active and engaged this fall!

**When:**  
**Thursdays, Sept 16 – Dec 16**  
9:30 am – 12:30 pm

**Meet at:**  
**Robert Lee YMCA**  
955 Burrard Street  
Vancouver, BC V6Z 1Y2

**To register, email us at:**  
[connections@gv.ymca.ca](mailto:connections@gv.ymca.ca)

or directly in **Eventbrite:**  
<https://canadian-fitness-connection-women-fall2021.eventbrite.ca>

**Contact us at:**  
**604-374-5465**  
**778-990-4856**

*Building healthy communities*

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